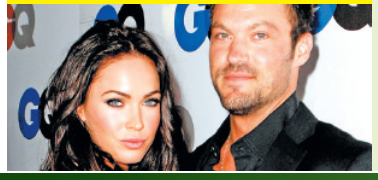
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**MAN AND FOX?**
90210 STAR, SCREEN SIREN TIE THE KNOT
{page 16}



# FRK'N GREAT
## MOOSEHEADS DRAFT CZECH SNIPER
WILL HE REPORT? {page 22}



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ANDREW VAUGHAN/THE CANADIAN PRESS

**Royals.** Waterfront



▶Queen Elizabeth II and the Duke of Edinburgh walk on the waterfront in Halifax yesterday during their second day of touring the city. {pages 2, 3}

# Last day for 13% sales tax

HST rise to hit Nova Scotians' wallets tomorrow ◐ Hike will tie province with P.E.I. for highest sales tax in Canada ◐ Certain household items exempted

If tacking on $400 is going to dissuade you from buying that $20,000 car, you may want to head to your dealership today.

The much ballyhooed two-point HST increase comes into effect tomorrow, meaning Nova Scotian consumers will pay 15 per cent tax on goods and services. The increase ties the province with Prince Edward Island for the highest consumption tax in Canada.

The tax won't affect certain household items, such as children's clothes, diapers and feminine hygiene products.

"I'm hopeful that people will look at the whole package," Finance Minister Graham Steele told Metro Halifax.

**$522.3M**
**The two-percentage-point HST increase, announced in April's budget by the NDP, is expected to generate $214.8 million this year and $307.5 million in 2011-2012.**

ALEX BOUTILIER
{more coverage. page 4}

## Canada Day
Metro will not publish tomorrow, Canada Day. We will return Friday. Check out our Canada Day coverage. {page 6, 8}

## Iceland's hot
Despite flight-grounding clouds of ash, volcanic activity can provide tons of fun for travellers. {page 17}

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# Couple gets taste of N.S. culture

JENNIFER TAPLIN
@METRONEWS.CA

The royal couple was treated to a big dose of Nova Scotian culture during a shindig at the Cunard Centre last night.

Premier Darrell Dexter and MP Peter MacKay escorted Queen Elizabeth and Prince Philip as they mingled with the crowd of invitees.

The crowd of 1,500 people included former lieutenant-governors, outstanding Nova Scotians who serve their communities, military personnel, members of the Order of Nova Scotia and other award winners.

Mi'kmaq, Acadian, Celtic and African Nova Scotian singers and dancers with DRUM! performed separately and then together for a grand finale.

"It was such an honour for me to do this and live this," said Acadian performer Christian Kit Goguenm who hails from Moncton.

"DRUM! covers every culture that is present in Nova Scotia and is a good way for her majesty to discover all the cultures."

Dexter presented the Queen with a crystal pedestal and said the royal visit will always be treasured by Nova Scotians.

PAUL CHIASSON/THE CANADIAN PRESS



▶ The Queen makes her way through the crowd during walkabout at a cultural performance yesterday in Halifax.

# Plaques revealed with royal flourish

## HMCS Sackville, naval centennial commemorated ◐ 300 greet Queen

JENNIFER TAPLIN
@METRONEWS.CA

The Queen unveiled a pair of plaques on the Maritime Museum Wharf yesterday with 300 veterans and cadets looking on.

The first plaque commemorates the Canadian naval centennial and the second remarks on the historical significance of the HMCS Sackville, the last remaining corvette from the Second World War.

**9 The number of days the Queen is spending in Canada. Today is her third-and-final day in Halifax, before travelling to Ottawa.**

John Jay, chair of the Canadian Naval Memorial Trust, said the Sackville once held off an attack from three German U-Boats, but the Queen's visit yesterday will always be remembered as its most significant historical event.

### Encounters

**Here are a few comments from veterans and others who chatted briefly with the royal couple at the Maritime Museum Wharf yesterday:**

▶ "It's very special," said Daniel Brownlow, Second World War and Korea veteran, of his very brief chat with Prince Philip.

▶ "It's very exciting," said Matthew Madill, 16, who won the Duke of Edinburgh award for volunteering and physical activity. The Duke noticed the pin on Madill's lapel and asked him about it.

▶ "It's a great day," said Chief Petty Officer Raymond Soucie.

RYAN TAPLIN/METRO HALIFAX



▶ Queen Elizabeth II is escorted around the Halifax waterfront by John Jay, chair of the Canadian Naval Memorial Trust, after she unveiled a plaque honouring HMCS Sackville, the last surviving Second World War corvette.

# Queen casts her eye on flotilla

The waters around Halifax looked like a scene from the city's wartime past yesterday as the Queen reviewed a flotilla of destroyers, frigates, an assault ship and an aircraft carrier from around the world.

The fleet review gave civilians and sailors alike a chance to witness an event that's rarely seen in Canadian waters.

The Queen's review included 28 international warships, including the British aircraft carrier Ark Royal and the USS Wasp, an imposing American assault ship.

The review was undertaken in honour of the Canadian navy's 100th anniversary.

THE CANADIAN PRESS

RYAN TAPLIN/METRO HALIFAX



▶ Queen Elizabeth II aboard the frigate HMCS St. John's in Halifax Harbour yesterday.

## News in brief

### New navy exhibit online

**HISTORY** Yesterday, the Nova Scotia Archives launched The Royal Canadian Navy: The First Half Century, a new online exhibit documenting the navy's history on both coasts. It can be viewed at gov.ns.ca/nsarm/virtual/rc

n/. METRO HALIFAX

### Queen mourns fallen soldiers

**TROOPS** The Queen has expressed deep sadness at the deaths of two Canadian soldiers killed in Afghanistan. The bodies of Master Cpl. Kristal Giesebrecht and Pte. Andrew Miller arrived at CFB Trenton, in eastern Ontario, yesterday afternoon. THE CANADIAN PRESS

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the Web at metronews.ca



**Blogs SpinDoctor on the damage done to Stephen Harper's G20 accomplishments by violent protests at metronews.ca/blogs**

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**Day 2 of the Queen's trip to Halifax includes everything from being out on the harbour on a naval ship to walking the downtown waterfront. Thousands of people come out to see the Queen, who stopped and mingled with several people. The Queen is spending this morning in Halifax before flying to Ottawa to continue her nine-day Canada tour.**

# Day 2 of The Queen's royal tour stop in Halifax

RYAN TAPLIN/METRO HALIFAX



▶ Queen Elizabeth II chats with sailors on the Halifax waterfront yesterday.

## Queen facts:

**It's not easy being Queen. Here's why:**

- **On the go** Queen Elizabeth II has been going non-stop since arriving in Halifax on Monday afternoon.
- **Booked** Her schedule yesterday included boarding a navy ship, walking the Halifax waterfront and attending an evening dinner at the Cunard Centre.
- **Coming up** The Queen has a tree-planting event this morning before leaving Halifax for Ottawa.

RYAN TAPLIN/METRO HALIFAX



▶ A Mountie salutes The Queen.

RYAN TAPLIN/METRO HALIFAX



▶ Queen Elizabeth II and Prince Philip smile after the the Queen unveiled a plaque on the Halifax waterfront commemorating the 100th anniversary of the Navy.

RYAN TAPLIN/METRO HALIFAX



▶ Sailors aboard HMCS Charlottetown salute as The Queen passes by aboard HMCS St. John's during the international fleet review in Halifax Harbour yesterday.

RYAN TAPLIN/METRO HALIFAX



▶ Prince Philip presents Alan Latourelle, CEO of Parks Canada, with a World Ship Trust Medal as Defence Minister Peter MacKay looks on at Government House.

## Politicians visit



Prime Minister Stephen Harper, as he did on Monday, spent part of yesterday touring with the Queen.

- **Prime Minister's arrival** Harper came to Halifax after wrapping up the G20 Summit in Toronto over the weekend.
- **Premier on hand** Premier Darrell Dexter was another dignitary on hand for some events yesterday.
- **Queen's quarters** For her two-night stay in Halifax, the Queen is residing at the home of Lt.-Gov. Mayann Francis. She has her own key to the government pad.

## News in brief



### Horne's killers to be sentenced

**COURT.** The man and woman who admitted to killing Jennifer Horne, above, will be sentenced today at Nova Scotia Supreme Court in Halifax.

Desmond Maguire, 39, and his 23-year-old common-law wife Ashley Haley, each pleaded guilty this month to first-degree murder in the gruesome killing of Horne, a Cole Harbour woman found dead in a Dartmouth apartment on New Year's Eve 2007.

Each guilty plea carries an automatic life sentence in prison, with no eligibility of parole for 25 years.

Victim impact statements from Horne's family are expected to be read at today's hearing.

### Clayton Park suspect set for court date

**INDECENT ACTS.** A 26-year-old man from Montreal is appearing in court on Monday charged with three counts of committing an indecent act. Halifax Regional Police allege the charges are in connection with a man exposing himself to women at three different locations earlier this month in Clayton Park.

### Man arrested in robbery

**DARTMOUTH.** A 19-year-old man is facing a robbery charge after the Petro Canada on Portland Street in Dartmouth was robbed on Monday night. Halifax Regional Police say a witness saw a getaway car leave after the robbery took place and the 19-year-old was arrested at a residence in Dartmouth at 9 p.m. METRO HALIFAX

# Steele says HST hike 'necessary'

- McNeil denies claim opposition didn't provide options
- HST makes N.S. less competitive, says Liberal leader



ALEX BOUTILIER
@METRONEWS.CA

RYAN TAPLIN/METRO HALIFAX



▶ Liberal Leader Stephen McNeil talks to reporters in this file photo from earlier this year.

Finance Minister Graham Steele stands by the government's decision to hike up the HST by two percentage points, despite Darrell Dexter's election pledge to not increase taxes.

The hike goes into effect tomorrow.

"We looked at all the options, and we concluded ... that restoring the HST to 15 per cent was necessary if not otherwise desirable," Steele said. "If (the opposition parties are) opposed to the HST increase, I'm still waiting to hear from the other two parties what they're alternative is."

Liberal Leader Stephen McNeil disagreed, saying his party has brought several recommendations to the government's attention.

"What we would have done is not spent $80 million on land, what we would have done is not prepaid universities ... or set aside $54 million for government restructuring," said McNeil.

"(The) fact of the matter is, we as an economy are no longer competitive. We're losing jobs to our closest neighbour, we are losing them to the rest of Canada, and as of July 1 (the NDP will) increase that problem."

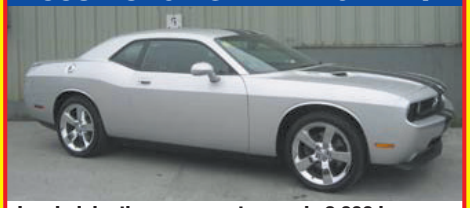
### Starting July 1

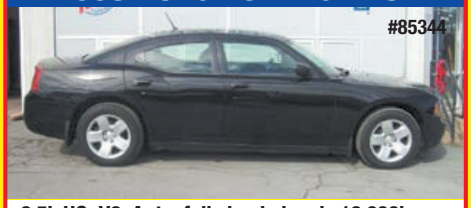
**Don't put off today what you'll pay more for tomorrow.**

**Here's a breakdown of some common purchases before and after the HST increase:**

- **Transportation**
  $20,000 car —
  Today: $22,600
  Tomorrow: $23,000
- **Entertainment**
  $2,500 TV — Today: $2,825
  Tomorrow: $2,875
- **Night out**
  $80 Dinner for Two —
  Today: $90.40
  Tomorrow: $92
- **Hot java**
  $2 Coffee — Today: $2.26
  Tomorrow: $2.30

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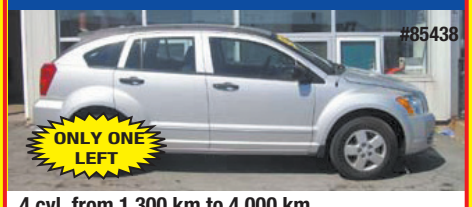
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Loaded, leather, nav. system, only 3,000 km.
$322 bi-weekly OAC | $37,995

2008 DODGE CHARGER SE


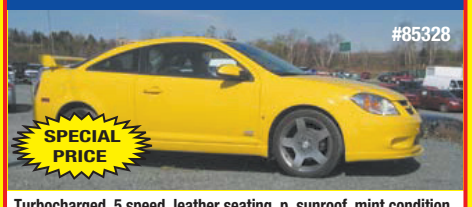
3.5L HO, V6, Auto, fully loaded, only 16,000km
$158 bi-weekly OAC | $15,985

2005 HONDA CIVIC REVERB


4 cyl, 5 speed, air, rear spoiler, fully certified
$118 bi-weekly OAC | $10,485

2009 DODGE CALIBER SE


4 cyl, from 1,300 km to 4,000 km.
$93 bi-weekly OAC | $10,995

2006 CHEVROLET COBALT SS


Turbocharged, 5 speed, leather seating, p. sunroof, mint condition.
$154 bi-weekly OAC | $14,995

2007 CHEVROLET AVALANCHE LT

Auto, fully equipped incl air, power windows & locks, p. sunroof, 20" wheels, one owner, only 62K
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# Numbers are in: Math a problem for N.S. students

## 55 per cent of Grade 12 students fail provincewide exam ◐ Reading and writing are strong subjects



ALEX BOUTILIER
@METRONEWS.CA

RYAN TAPLIN/METRO HALIFAX



▶ Lockview High School in Fall River

Nova Scotia high school students are having a real problem when it comes to math.

Only 45 per cent of Grade 12 students passed the provincial math exam, down from 51 per cent from the previous year, according to a report released yesterday by the province's Department of Education.

Education Minister Marilyn Moore said in a release she is "troubled" by the results.

"Changes are going to be made to improve student learning," she said. "A new elementary math curriculum will be rolled out beginning in 2011 … (which) will be more focused than the current curriculum."

Despite the dismal showing in arithmetic, Nova Scotia students are performing well in reading and writing.

Eighty-two per cent of Grade 9 students "met expectations" in reading literacy, and 95 per cent did the same in writing.

Nationally, Nova Scotia scored just below the national average of 500 in reading (471), mathematics (457), and overall science (480).

*The full report is available online at plans.ednet.ns.ca*

**Glace Bay.** Death



▶The body of Sgt. James MacNeil is carried into a funeral home in Glace Bay last night.

STEVE WADDEN/CAPE BRETON POST

## Slain sargeant's body brought home

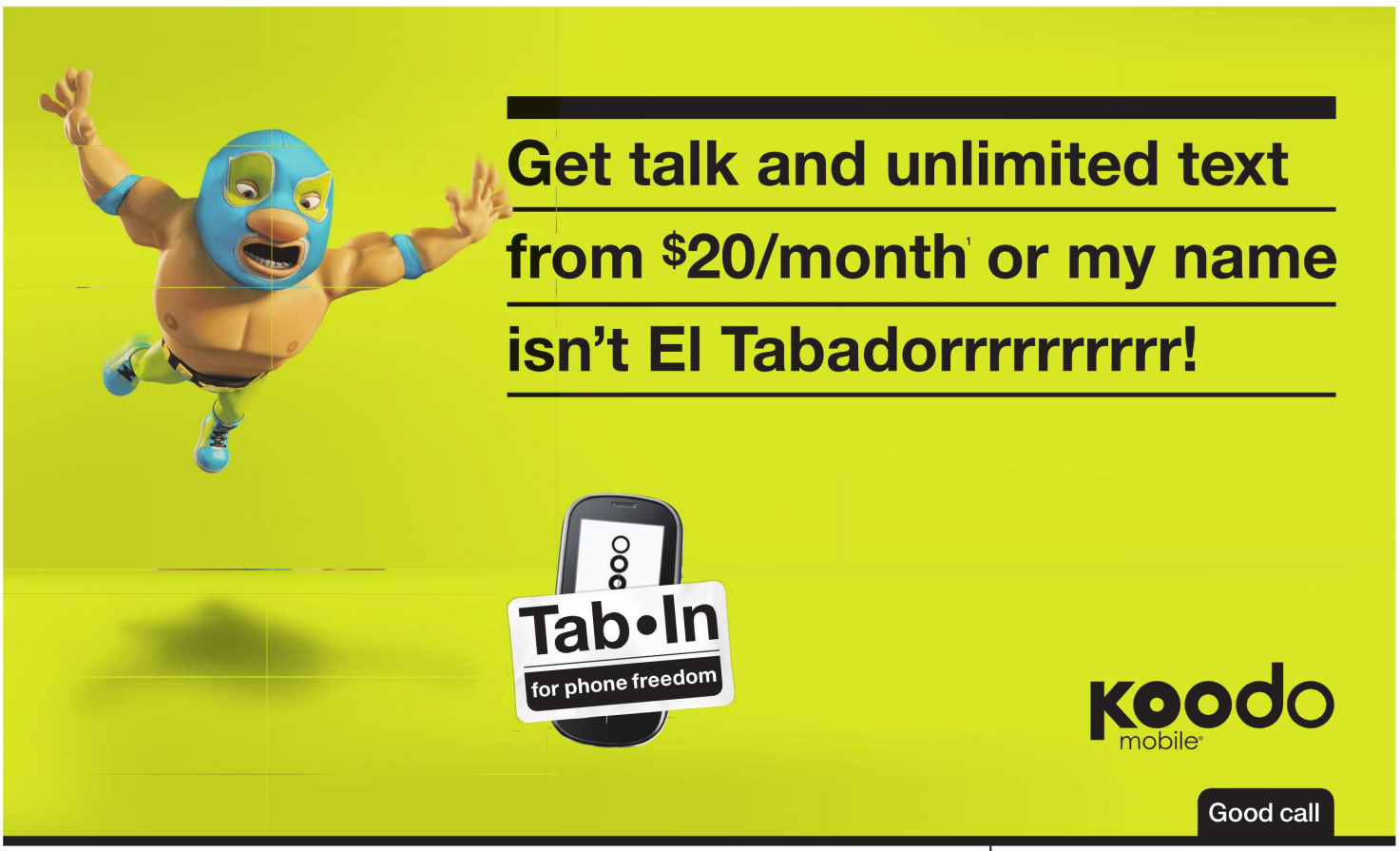
**A Nova Scotia soldier is back on home soil. The remains of Sgt. James (Jimmy) MacNeil arrived at the J.A. Douglas McCurdy Sydney Airport last night. MacNeil was killed by an improvised explosive device on June 20, while on a foot patrol near the village of Nakhonay, during his fourth and final tour of Afghanistan.**

## Province creates fund committee

The Nova Scotia government says a new advisory committee on the Industrial Expansion Fund will help to increase transparency and accountability. The government says the independent committee will offer an impartial analysis of potential investments through the fund. ● METRO HALIFAX

**$222M**

**Last year, the province authorized $222 million in transactions through the fund.**




BEST BUY FUTURE SHOP Walmart Koodo shop
Halifax Shopping Centre
Mic Mac Mall
Sunnyside Mall

(1) Excludes premium messages.

# A new Canadian tells her story

JON TATTRIE
HALIFAX@METRONEWS.CA

**Name:** Halima Abdille
**From:** Kenya
**Resides:** Halifax
**Years in Canada:** Two
**What she does:** Third-year business student at Mount Saint Vincent University

**Why did you choose to come to Canada?**
I lived in Kenya most of my life and when I graduated from high school I got a scholarship with an organization called World University Services of Canada. It sponsors students from Kenya. I got a sponsorship, too, from the Mount (Mount Saint Vincent University).

**What were your first impressions of Canada?**
I was freaked out the first time, because I thought it would be cold throughout the year ... I had this concern — how am I going to survive? Am I going to freeze to death? I was so surprised (by the warm summer). The other thing is the life is completely different. I came from a community-like society and this Western world is more individualistic.

**What is the one thing you love most about Halifax?**
I like the community. People are friendly. I remember in my first weeks, I got lost in downtown Halifax and people were very nice. It's a small city and there are so many cultures in Halifax and a huge Muslim community.

**What is the one thing you still find strange?**
When I see women wearing a bikini! I am dressed this way, so when I see a woman in a bikini, I'm like, 'Oh, what happened to you?' But I'm getting used to it.

**What are the 3 words you would use to describe your new home?**
Friendly, open, fun.


▶ Halima Abdille

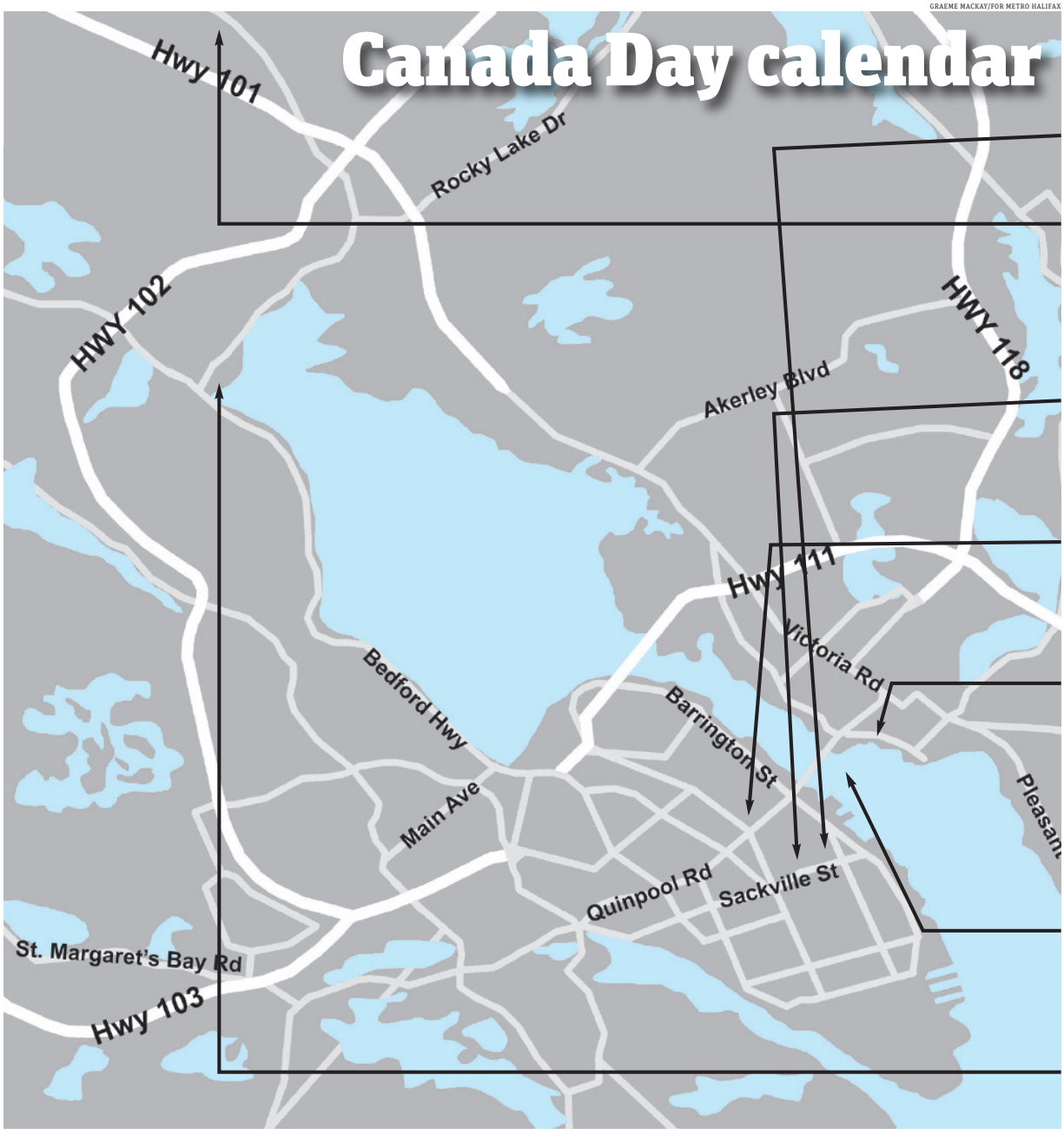
## We're not partisan: N.B. premier

New Brunswick Premier Shawn Graham says a deal for the harbour bridge in Saint John would be a chance for a federal cabinet minister to defuse allegations of political interference in funding announcements in the province.

Two weeks ago, Conservative MP Greg Thompson accused his colleague, Tory MP Keith Ashfield of delaying announcements until after the Sept. 27 provincial election.

THE CANADIAN PRESS

GRAEME MACKAY/FOR METRO HALIFAX




## Halifax Grand Parade

**8 TO 9 A.M.** Come with an empty stomach and national pride as there will be a pancake breakfast and flag raising.

## Sackville Drive

**9 A.M.** Beginning at Downsview Mall, the popular Sackville Parade, an event for all ages, continues down Sackville Drive to the Rock Church.

## Downtown Halifax

**10:30 TO 11:30 A.M.** Royal International Tattoo Parade begins at the Royal Artillery Park West on Sackville Street and winds through the city before ending at the Metro Centre.

## Halifax Common

**NOON TO 4 P.M.** The Great Canadian Family Picnic will include face painting, music, vendors and the RIM science zone.

## Alderney Landing

**3 P.M. TO 12:30 A.M.** Downtown Dartmouth will be rocking thanks to a Canada Day concert featuring Joel Plaskett. Other performers include Dave Myles Trio and Rose Cousins.

## Halifax Harbour

**10 P.M.** Come early as thousands are expected on both sides of the waterfront for the annual Canada Day fireworks. A rain date is set for Friday at 10 p.m.

## DeWolfe Park

**7 TO 10 P.M.** There will be live entertainment from Crossfire and Kitpu Youth Dancers. The event will wrap up with a fireworks show.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS



▶ Right-wing U.S. pundit Ann Coulter stoked controversy during her March campus tour in Canada.

# Records show university debated Ann Coulter return

## Emails show University of Ottawa president wanted pundit to revisit Advisers warned of 'news event'

The president of the University of Ottawa wanted to invite Ann Coulter, the abrasive right-wing American commentator, back to campus after her scheduled speech last March was shut down amid fierce protests.

But Allan Rock's advisers talked him out of it, warning that Coulter's appearance would only turn into another media circus, newly disclosed documents show.

"An invitation to Ms. Coulter to return to the campus would demonstrate good faith on the part of the university and an unqualified commitment to freedom of expression," Rock wrote in an email to senior university officials on March 24.

That was the day after the speech was cancelled because of raucous anti-Coulter protests outside the university's auditorium.

**"Should she decide to take you up on the offer (of returning) her appearance will become a live news event that she will cynically use to personal advantage to extend her sense of grievance and victimization and amplify her profile ... It will be her win, not about your gesture."**

**CONSULTANT ELLY ALBOIM, IN AN EMAIL TO UNIVERSITY OF OTTAWA PRESIDENT ALLAN ROCK, REGARDING ROCK'S INVITATION TO U.S. CONSERVATIVE PUNDIT ANN COULTER TO RETURN TO SPEAK ON CAMPUS**

But several advisers, including Elly Alboim of the consulting firm Earnscliffe Strategy Group, strongly advised against the move.

"My own personal view is that, on balance, I would not reinvite her," Alboim said in a email to Rock.

"Should she decide to take you up on the offer, her appearance will become a live news event that she will cynically use to personal advantage to extend her sense of grievance and victimization and amplify her profile ... It will be her win, not about your gesture."

University records were obtained by The Canadian Press under Ontario's freedom-of-information law.

**THE CANADIAN PRESS**

**MODERN-DAY SLAVERY**

## $3B a year in human trafficking

Traffickers who subject women and children to prostitution and forced labour are engaged in one of Europe's most lucrative crimes — a $3-billion-a-year, modern-day slave trade whose victims are growing by 50 per cent annually, a United Nations agency said yesterday.

The United Nations Office on Drugs and Crime estimated that more than 140,000 people are currently controlled by organized gangs.

Many victims are tricked into leaving lives of poverty in eastern Europe, Africa and Latin America with bogus promises of work.

"Europeans believe that slavery was abolished centuries ago. But look around — slaves are in our midst," UNODC executive director Antonio Maria Costa said in a statement accompanying the report.

**THE ASSOCIATED PRESS**

## Fines overturned on U.S. casino

A $25,000 US fine the Canadian government imposed on Atlantic City's Borgata Hotel Casino & Spa for flying top gamblers to and from Montreal and Toronto has been overturned.

A Canadian appeals panel ruled because the flights were private and not open to the general public, the Borgata did not need a Canadian aviation licence.

**THE ASSOCIATED PRESS**



# HAPPY 143RD, CANADA

**Opinion**

**PAUL SULLIVAN**



***"We are the 'What' in 'What's New'"***
**– Shane Koyczan, Canadian Slam Poet**

It's a great day to be Canadian. It's our 143rd birthday, which makes us a mere infant compared to all those places we're originally from. But look at it this way: while they're sitting on their, um, traditions, we're on our feet and underway.

It's a brand new day.

In London, they're celebrating Canada in Trafalgar Square, handing out Tim Hortons coffee and playing the Trafalgar Cup Street Hockey tournament.

In Beijing, they're having one of the largest outdoor events of the year, which in China is saying something, complete with a traditional Canadian (?) hot chili pepper eating contest.

New York has five, count 'em five, Canada Day parties, and in Sydney, Australia, they're serving that Great Canadian drink, the bloody Caesar, importing 100 litres of clamato juice especially for the occasion.

Today is the day we leave our hyphen at home and celebrate those things we have in common, not those that make us different. The other 364 days of the year, we have the freedom to celebrate who we are, wherever we're from: Euro-Indo-Afro-Asian- or even Uno- (as in First) Canadians. Myself, I'm usually Irish-English-French Canadian perhaps with a dash of Uno- but today I'm 360° Canadian.

In the words of Shane Koyczan, that guy who blew us all away with his "We are More" poem at the opening ceremony of the 2010 Winter Games:

"We are the true north/strong and free.

And what's more/is that we didn't just say it.

We made it be."

## Far and wide

**Metro asked people across the country about what makes them proud to be Canadian on this Canada Day.**



**Commander Rowland Marshall (Ret.)**
HALIFAX
"Canada is a wonderful, free, open country. And we're treating our diverse immigrants well, or relatively well"



**Vanessa Boucher**
CALGARY
"Freedom of everything. Freedom of expression. We have a lot of resources and we have a lot of beautiful places in Canada."

## 60 seconds



▶ The Maple Leaf on display before a Toronto FC soccer game this season. It became our official flag in what year?

## CANADA DAY QUIZ

**Courtesy Megan Siegel, CanadianLiving.com**

**1. Canada is a bilingual country, but what is the only official bilingual province?**
a) Quebec
b) New Brunswick
c) Ontario
d) New Brunswick

**2. What is the oldest walled city that still exists north of Mexico?**
a) Montreal
b) Halifax
c) Quebec City
d) Vancouver

**3. Whose face is on the Canadian hundred-dollar bill?**
a) Wilfred Laurier
b) John A. MacDonald
c) William Lyon Mackenzie King
d) Robert Borden

**4. What is Canada's national sport?**
a) Hockey
b) Lacrosse
c) Curling
d) None of the above
e) Both a and b

Answers: Photo: 1965. 1:b, 2:c, 3:d, 4:e.

NOTICE: Canada Day Garbage/Organics/Recyclables Collection & Processing Services

| | | |
|---|---|---|
| No Collection Thursday, July 1st | → | Collection will occur on the following Saturday, July 3rd |
| Otter Lake Facility Closed Thursday, July 1st | → | Otter Lake Facility Open Saturday, July 3rd 7 am to 7 pm |
| HRM Recycling Plant Closed Thursday, July 1st | → | HRM Recycling Plant Open Saturday, July 3rd 7:30 am to 6 pm |

Collection services can begin as early as 7:00 am. To ensure collection, residents may place materials curbside the evening prior to collection day. For more information on HRM's composting and recycling programs, check your 2010 collection schedule, visit our website at www.halifax.ca/wrms or call our information line at 490-4000.

The HRM's residential Household Hazardous Waste (HHW) Depot will be Closed Saturday, July 3rd, but will be Open on Saturday, June 26th and July 10th from 9 am to 4 pm.

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Shrimp Raw Shell On (Frozen)
(31/40ct) 6.99lb | Jumbo (16/20ct) 8.99lb

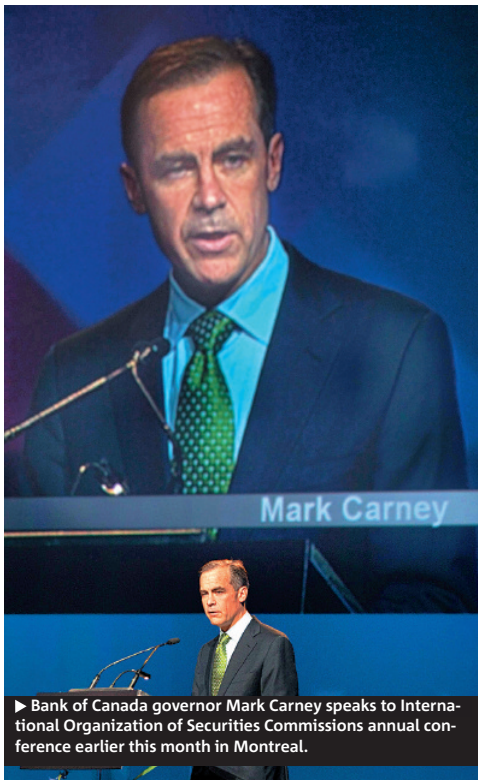
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Bone In 3.79lb | Boned 3.99lb

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▶ Bank of Canada governor Mark Carney speaks to International Organization of Securities Commissions annual conference earlier this month in Montreal.

# Bank boss gets nod from abroad

## Head of central bank appointed to global financial watchdog

Bank of Canada governor Mark Carney's star keeps rising in international circles.

The 45-year-old former Goldman Sachs executive has been appointed chair of the Committee on the Global Financial System, a position held by Donald Kohn of the U.S. Federal Reserve system the past three years.

The committee — part of the Bank of International Settlements — is responsible for identifying potential sources of stress in global financial markets and to promote reforms.

The three-year appointment takes effect on July 1.

Carney became the second youngest central banker in Canadian history two-and-a-half years ago, and has been vocal at international finance meetings about the need to reform the global banking system.

His performance in steering Canadian monetary policy through the recent economic downturn, and his advocacy for reform both at home and internationally hasn't gone unnoticed.

**"Canada has been through a tough economic period and the governor has scored high marks in responding to it."**
CIBC CHIEF ECONOMIST AVERY SHENFELD

In April, Time magazine put Carney on the list of the world's 25 "most influential" leaders, the only central banker to make the grade.

The magazine highlighted his determination to stay focused on the causes of the financial crisis, while pushing back on proposals for a global bank tax, which Carney and Finance Minister Jim Flaherty successfully fended of at the G20 summit over the weekend.

CIBC chief economist Avery Shenfeld said the latest appointment for Carney is both personal and a recognition of Canada's growing stature as a nation with sound regulatory oversight of its financial sector.

THE CANADIAN PRESS

# Consumer confidence stagnates in June

Even ordinary Canadians have noticed that the economy is not recovering as many hoped it would.

In Canada, consumers expressed increased pessimism on all four measurements in the index — current finances, future finances, employment expectations and purchase intentions.

"The drop cancels out all the gains realized in May," said the Ottawa-based think-tank.

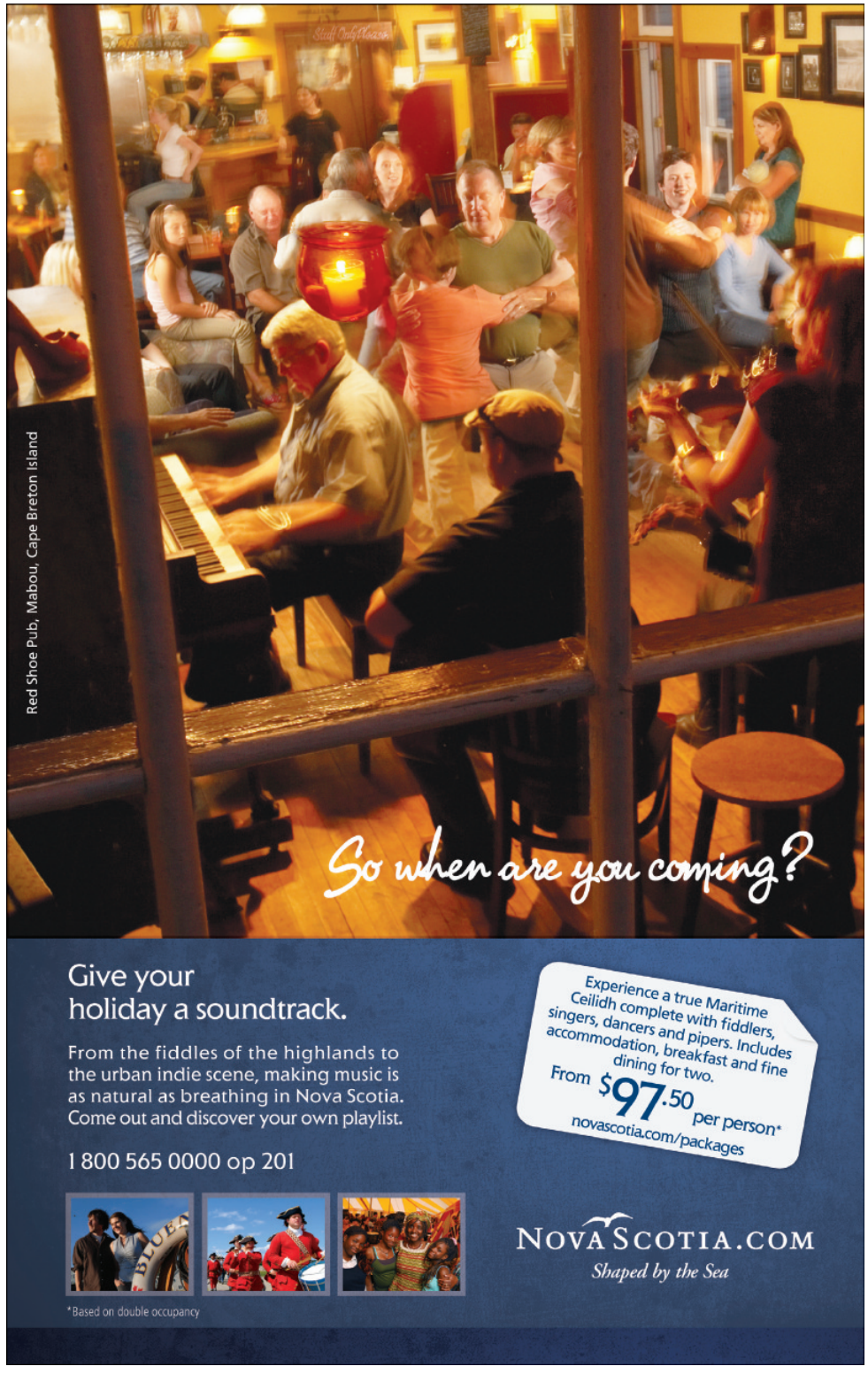
**13**
**The Conference Board says its consumer confidence index fell 5.7 points this month and sits 13 points below where it stood at the beginning of the year.**

"However, the pessimism is not spread across the country. The drop in confidence was concentrated in two regions (Ontario and British Columbia), while the remainder of the country fared much better."

Recently, Statistics Canada and other economic watchers have reported sharp drop-offs in the growth of housing, auto sales and exports, along with lower employment growth as well as outright declines in wholesale and retail sales.

Conference Board economist Todd Crawford said some consumers in Canada may have become more pessimistic because of the barrage of negative news over the European debt crisis.

THE CANADIAN PRESS



# LIFE'S GRIND – IT'S JOURNEY THAT COUNTS

**Just sayin'**

**PAUL SULLIVAN**



**Here's to Sebastian Albrecht, who set a record this week for climbing the Grouse Grind 14 times.**

Everyone in Vancouver knows about the grind. It's called "Nature's Stairmaster" and it's basically a path up the side of Grouse Mountain in North Vancouver, a vertical ascent of 2.9 kilometres. And it's tough, man.

Sebastian Albrecht is tougher. He started at 6:30 Monday morning and finished at 11 p.m., eclipsing his old record of 13. Presumably, next year he will have a go at 15.

You're probably thinking Sebastian Albrecht is nuts. Why doesn't he just bang his head against the wall? It feels just as good when you stop?

But I understand. For the past 33 years, I've run marathons, which are 42-kilometre road races. I have survived more than 20 of these horizontal grinds and have trained thousands of miles around the world. I've left a trail of sweat on the cobblestones of Paris, run rings around the plane trees of Hyde Park, left footprints on the sand of countless beaches, and at one point, ran (as fast as I could) through the homeys of East L.A.

**"I could feel the warmth of the sun on my head; I could smell the flowers; I could see what was going on around me."**

For guys like Sebastian and me, the point is there is no point. It's the journey that counts. At the end, we look back at the miles we've logged and feel a sense of accomplishment, but the real benefits are found along the way. Two-thirds of North Americans are overweight. It's hard to be overweight when you climb 2.9 kilometres times 14, or run 42 kilometres. Then there's that runner's high, which happens when you stop.

You just put one foot in front of the other and go. It's ideal for people who can't do the Macarena, i.e. me.

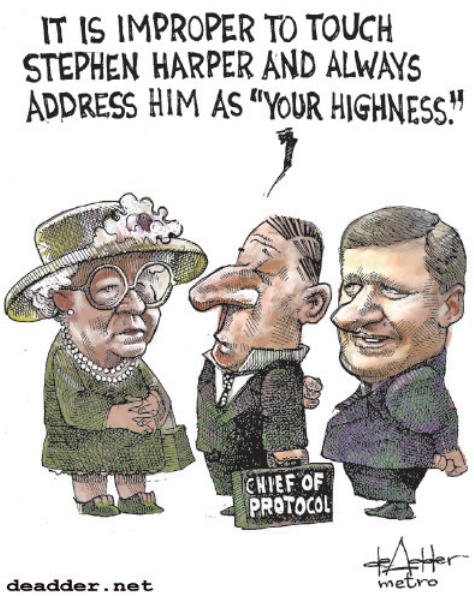
Normally, I would celebrate Sebastian Albrecht's achievement in the usual way — go for a 20-km run. But I did something unusual the other day. I went for a walk. Instead of running through the world, I walked in it — and it was a revelation.

I could feel the warmth of the sun on my head; I could smell the flowers; I could see what was going on around me. Normally, when I run, the rest of the world is stuff that gets in the way. People are pylons.

As Arsenio Hall used to say, it makes you go hmmm. Maybe I've been running ... away. Maybe it's time to stop and ask what I'm running from instead of what I'm running for. Just drop the M and shuffle the O and R. It changes everything.

Maybe Sebastian is nuts after all.

**Cartoon**




# Society bears the cost

**Letters & Tweets**

**TORONTO.** I live in Toronto, but was not part of the G20 protests. Watching the media coverage, I am wondering whether or not I should have been.

Our civil rights are defined by what happens in a crisis. Without a crisis, there isn't any social cost to civil rights.

Civil rights exist to limit what can be done during a crisis. The point of civil rights is that on certain issues, society must bear the cost.

It's easy to let someone have a slice of bread when you're sitting on a mountain of loaves. But you can't say that person has a right to bread until you're down to the last slice, and you either hand it over or don't.

After all, what use are civil rights that can be violated when you actually need them? Saying you have civil rights so long as you don't need them — or don't use them — is the same as saying you don't have them.

Finally, the assault on civil rights that occurred in Toronto over the G20 summit was not the fault of the individual police officers present. Or, at least, it was not their fault in general terms.

To lay appropriate blame, we need to know exactly who was giving the officers their orders. Those are the people we should be protesting about.

DANIEL J. BISHOP

**The blue wall**

RYAN REMIORZ/THE CANADIAN PRESS



**What's your birthday wish for Canada?**

**Email**
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Metro has the right to edit letters and comments.

**Noteworthy**

**Octopus goes out on eight limbs**

Octopus oracle Paul hesitated, but ultimately picked Germany to win — again — this time over Argentina in their quarter-final matchup at the World Cup Saturday.

Paul rose to global fame after he correctly predicted all four of Germany's games in this year's tournament.

Sea Life Aquarium spokeswoman Tanja Munzig in the German city of Oberhausen said Paul took about an hour before he approached a water glass in his aquarium containing a mussel and marked with a Germany flag.

THE ASSOCIATED PRESS

# Metro Minute at Public Gardens

It's a place to unwind, sit back and say goodbye to the stresses of the day. But as grand as the Public Gardens are, many don't take the time to learn about this downtown Halifax treasure.

Well, there is a way since guided tours are available throughout the summer.

Volunteers from the Friends of the Public Gardens are offering walking tours each Wednesday during the summer months of July and August.

The one-hour tours begin at 2 and 6 p.m.

The tours can accommodate up to 15 people.

For more information, contact 490-3995 or visit halifaxpublicgardens.ca.

METRO HALIFAX

CONTRIBUTED



▶ The Halifax Public Gardens.

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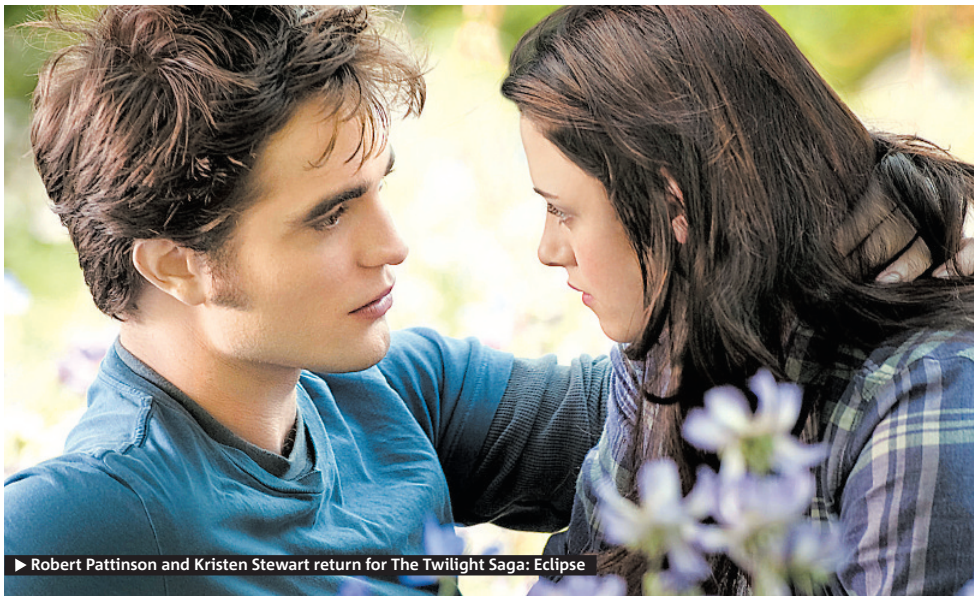
2 scene

## News in brief



**1** Rob Lowe is working on his his memoir, to be out in May 2011. ◉ METRO

**2** Hip-hop star Method Man pleads guilty to a tax-evasion charge. ◉ METRO



▶ Robert Pattinson and Kristen Stewart return for The Twilight Saga: Eclipse

## Screentimes

▶ **HALIFAX**
Bayers Lake: Wed-Thu 12-12:45-3:15-3:30-6:35-6:45-9:30-9:45
Twilight/New Moon Double Feature (STC) Stadium Seating Tue 6:30
Imax: Wed-Thu 12:30-3:45-7:15-10
Oxford Theatre: No Passes Wed-Thu 3:45-7-9:50
Park Lane: Wed-Thu 12:30-1:10-3:20-4:10-6:30-7:10-9:20-10
Lower Sackville: Wed 12:01-1-1:30-3:45-4:10-6:25-6:45-9:10-9:30 Stadium Seating, No Passes Thu 1-1:30-3:45-4:10-6:25-6:45-9:10-9:30
Dartmouth: No Passes Wed-Thu 11:55-12:25-12:55-2:55-3:30-4:05-6:05-6:35-7:10-9:05-9:45-10:10
Truro: Stadium Seating Wed-Thu 2:30-7-9:45
Bridgewater: No Passes Wed-Thu 1-3:45-6:30-9:35

# Eclipse of the heart

**Latest instalment in Twilight movie franchise is the best yet ◉ New Director David Slade ups the action ◉ Vampires and werewolves must work together to protect Bella**



**NED EHBAR**
SCENE@METRONEWS.CA

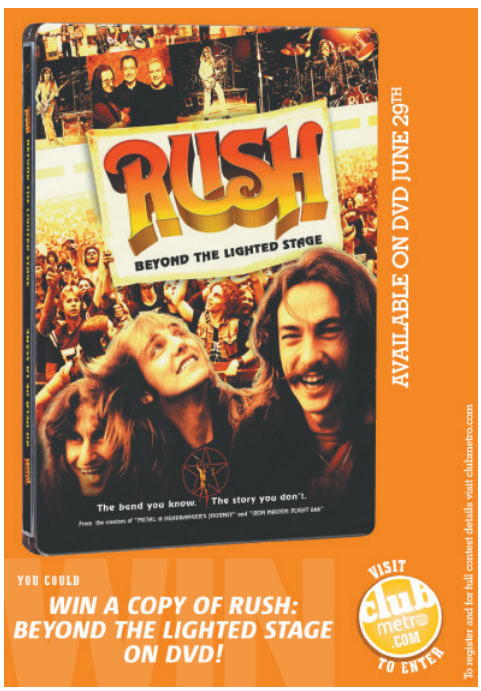
The third film in the Twilight series — out of an eventual five — is the best to date, but that's faint praise considering the previous two instalments, Twilight and New Moon.

The main cast's continued work in their now-iconic characters as well as new director David Slade's camera work make Eclipse a marked improvement, but the film is stunted by its source material. The lesson here appears to be that practice sometimes makes mediocre.

It's not really Slade's fault. He does his best, adding actual action sequences with brutal beheadings — though no blood, since these vampires are PG-13. With the threat of a growing army of newborn vampires (which are more vicious, we're told) amassing to threaten the life of mopey protagonist Bella (Kristen Stewart), the other two corners of her love triangle, vampire Edward (Robert Pattinson) and wolf-boy Jacob (Taylor Lautner), have to try to get along and convince their respective communities to work together. All the while, Bella and Edward debate the life decision she made at the end of the last film — to become a vampire — in what's basically the exact opposite of dramatic tension.

There are a few bright spots, including some all-too-brief diversions into the backstories of a pair of Cullen vampires, Rosalie (Nikki Reed) and Jasper (Jackson Rathbone). The vignettes are stirring and sweeping and suggest much better films to watch. And the go by far too quickly. Also worth noting: It's becoming clear that Stewart has quietly been doing some impressive work as Bella. While some might write off her performance as half-asleep, she's actually showing remarkable restraint, holding back to avoid the dialogue's overwrought romance-novel nature. If only Taylor Lautner had such skill.

▶ **The Twilight Saga: Eclipse**
**Genre:** Fantasy
**Director:** David Slade
**Stars:** Kristen Stewart, Robert Pattinson









# Carell is ready to clean out his desk

**Following seven successful seasons, The Office star is resigning from the NBC workplace comedy next year**

Can Dunder Mifflin keep the lights on if actor Steve Carell leaves The Office after next season?

Carell, who plays dunder-headed regional manager Michael Scott on NBC's popular workplace comedy, has been voicing plans to resign his starring role and clean out his desk a year from now.

"When I first signed on, I had a contract for seven seasons, and this coming year is my seventh," he told E! News last weekend. "I just thought it was time for my character to go."

Of course, if this were actually the first move in a game to wangle a sweet new deal, Carell wouldn't be the first actor to try it. (Paging Charlie Sheen!)

On the other hand, Carell has juggled an active if uneven film career with his regular duties on The Office since its premiere. He recently starred with Tina Fey in the comedy feature Date Night, and many of his comments on his TV future were voiced while publicizing his latest release, the animated comedy Despicable Me.


▶ Actor Steve Carrell

**"When I first signed on, I had a contract for seven seasons, and this coming year is my seventh...I just thought it was time for my character to go"**
**STEVE CARRELL**

Now maybe he's truly ready to concentrate on movies. And maybe he's got the box-office juice to pull it off.

Also, as he told Entertainment Weekly, "I just want to spend more time with my family." (In February, he told The Associated Press, "I would like for my kids to at least have some familiarity with who I am: 'It's the man from TV!'")

That may all be hunky-dory for Carell. But whither The Office and the viewers who love it?

Adapted from the original, British "mockumentary" series starring and co-created by Ricky Gervais, NBC's The Office was transplanted to U.S. soil in the city of Scranton, Pa., site of a regional office of the Dunder Mifflin paper company.

**THE ASSOCIATED PRESS**

ERIC LIEBOWITZ/THE ASSOCIATED PRESS


▶ The first season of The Apprentice will air on the new Global Reality Channel

# Reality-packed weekends ahead

**The launch of Global Reality Channel will mean repeat editions of Survivor, Big Brother and The Apprentice**

Reality show junkies will be able to keep it real 24-7 with the Canada Day launch of the Global Reality Channel, a digital network hinged on the belief that repeat editions of Survivor, Big Brother and The Apprentice will draw eyeballs even though the outcomes are already known.

Stocked with marathon-style programming that kicks off Thursday with the entire first season of Survivor, the channel is geared to viewers who got hooked on the memorable heroes and villains who emerged when the series sparked an explosion in the genre a decade ago, says Daniel Eves, Canwest's VP of strategic programming.

"People enjoy the characters, they enjoy the experiences," says Eves, who also oversees programming at other Canwest properties including Showcase, HGTV, The Food Network, DIY and IFC. The Survivor marathon will be followed by the entire first season of The Apprentice, and a complete run of Big Brother, season 2.

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## Talking Points

### Dragon tattoo for Jon Gosselin

**ART** Now that he's moved on from ex-wife Kate Gosselin, Jon Gosselin is celebrating his newfound freedom with a massive tattoo, according to Radar Online. "I have planned this tattoo for years now," he says of the Korean dragon design adorning his back.
METRO

### Oprah tops Forbes list

**MONEY** Oprah Winfrey has topped the Forbes Celebrity Power List for 2010, knocking out 2009 leader Angelina Jolie, who dropped to No. 18. Winfrey earned a reported $315 million in the past 12 months.
METRO

# Story of Love Ranch is stranger than fiction

SUBMITTED PHOTO



▶ Love Ranch tells the story of a modest Nevada brothel

## Helen Mirren teams with director husband for boxing drama

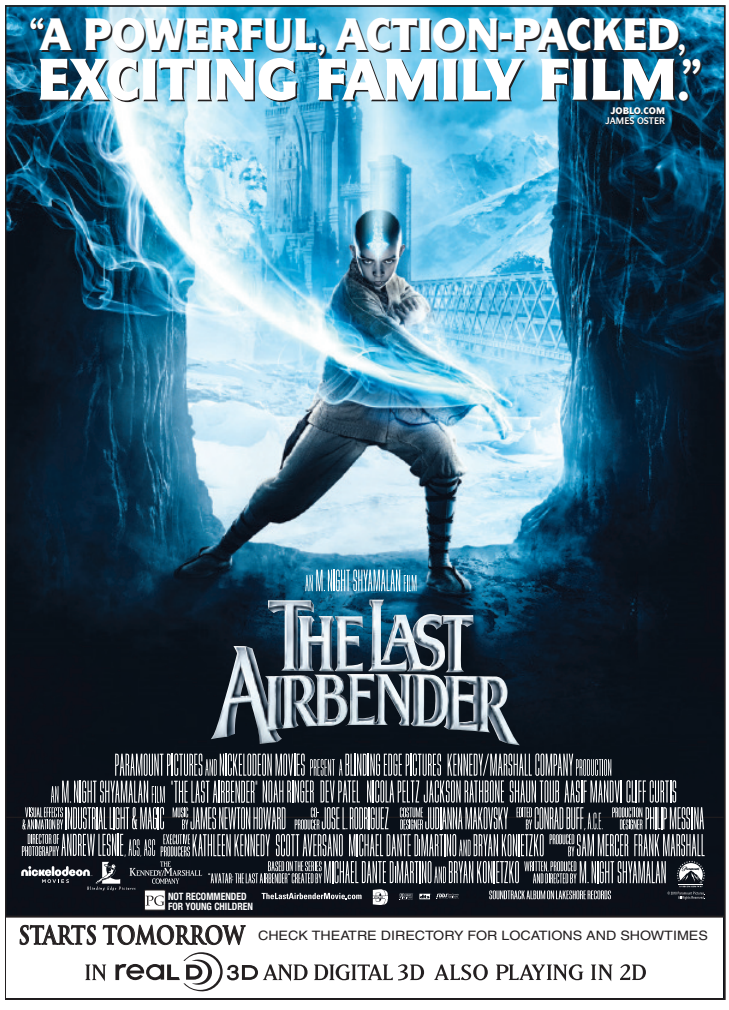
ADAM NAYMAN
SCENE@METRONEWS.CA

A stranger-than-fiction real-life story gets a less-than-compelling dramatic treatment in Love Ranch, which marks the first time that director Taylor Hackford has worked with wife Helen Mirren since 1985's White Nights.

Mirren plays Grace Contempo, the part-owner and full-time madam of the titular establishment, a modest — and legal — Nevada brothel circa 1976. Grace's husband Charlie (Joe Pesci) delights in taunting anybody who impugns his legitimate house of ill repute. Charlie decides to finance the comeback of a semi-washed-up boxer, Bruza, (Sergio Peris-Mencheta), whom he thinks can eventually topple Muhammad Ali — and who quite unexpectedly takes a shine to Grace. The Contempos are stand-ins for a real-life couple: Joe and Helen Conforte, whose stewardship of the Mustang Ranch in Reno ended in scandal in 1976. But the action still feels implausible, particularly the rushed romance between Grace and Bruza. Mirren commits to her part, but can't redeem the thudding obviousness of the character's arc, while Peris-Mencheta is defeated by the sentimental demands of his noble-bruiser role.

**Love Ranch**
**Genre:** Drama
**Director:** Taylor Hackford
**Stars:** Helen Mirren
**Rating:** ●●○○○

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# Cooking up a recipe for a magical story

**Aimee Bender's new novel, 'The Particular Sadness of Lemon Cake,' follows a young girl who suddenly discovers she can feel what she eats**

DOROTHY ROBINSON
METRO WORLD NEWS

In Aimee Bender's beautifully titled book, The Particular Sadness of Lemon Cake, the main character, Rose, has a special (if not debilitating) gift. Every bite of food she takes, she tastes the emotions of the preparer — be it a machine, a chef, a cook, or, especially harrowing, her own mother. How did she come up with that plot twist? Bender shared some food for thought.



METRO WORLD NEWS

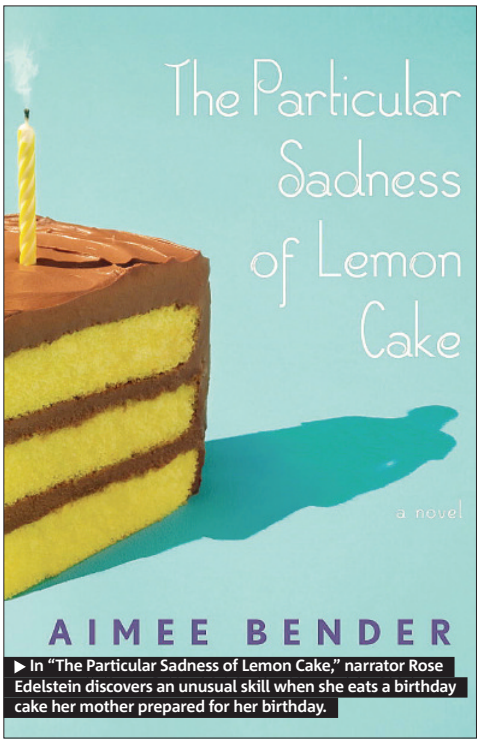
Author Aimee Bender

**It's always been known that writing in the voice of a young child is hard, and yet you do so with Rose when she is nine and discovers her gift when she eats her mother's lemon cake. Was that difficult?**
Well, I sort of made up a rule that with her voice, she's looking back at her memories, so the moments are at once in a kid's perspective and at once in a young adult's perspective. That's my way of cheating.

**People use the term "magical realism" to describe your writing. Do you agree with that designation?**
I'm fine with that term. But the terms keep shifting! It can be magical realism and maybe it's fabulism or slipstreams. It's like watching the clouds go by [laughs]. But I'm happy to take them all or none or whatever.

**How would you describe your work, then?**
I guess I say there's something off-kilter or it's a skewed world or that I go through a side door. But sometimes I'll say magical realism. I do think magical realism is done in a more epic sweep and (my work) is more of a microscopic lens.

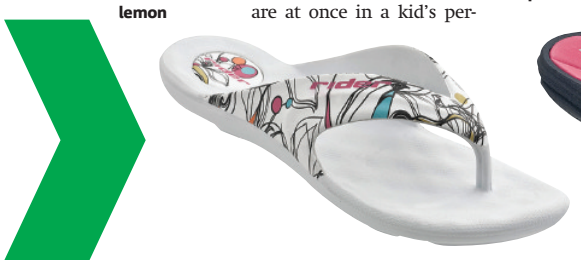
**How did you get the idea of Rose's gift?**
I think I was toying with what might be in food besides food. And what might be carried from one person to another? It had shown up a few different times [in my writing]. One friend said something about feelings as something to digest and that made a correlation in my mind.




In "The Particular Sadness of Lemon Cake," narrator Rose Edelstein discovers an unusual skill when she eats a birthday cake her mother prepared for her birthday.

**Do you like to cook?**
I really like to cook. But I'm not a particularly proficient cook.

**So, no lemon cake?**
I don't bake much. I tend toward the savory.



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# Creepy or funny?

**Author David Bickel captures the 'unintentionally creepy' aspects of everyday life Who was actually too much of a 'creepiosity' to include**

MADELINE REDDINGTON
METRO WORLD NEWS

Sometimes things are just creepy. They aren't exactly scary, but they just don't feel right — store mannequins with faces that look a little bit too real, or that person next to you on the subway who either has a Bluetooth hidden somewhere or is having conversations with invisible people.

With his first book, Creepiosity: A Hilarious Guide to the Unintentionally Creepy, TV writer and producer David Bickel provides the final word on all things creepy.

"I first got the idea for the concept when I was a little kid," he says. "My mother had one of those Styrofoam wig heads, and it always creeped me out."

**"My mother had one of those Styrofoam wig heads, and it always creeped me out."**
DAVID BICKEL

From grown men who wear Boy Scout uniforms to squirrels that look at you for a bit too long, Bickel is an expert in all things creepy and hilarious. Plus, the Facebook page and website for Creepiosity have tons of fan submissions.

"Everybody has things that they see as creepy," Bickel reasons. "Now, it's OK to say it out loud!"

The one creepiosity that he couldn't include was Michael Jackson, who died while Bickel was putting the book together.

"I've met him," Bickel says. "I had an hour-and-a-half meeting with him once, and it was magical, fascinating. You're sitting there with Michael Jackson, it's crazy. He's got a piece of Scotch tape to hold his nose on — it was everything you wanted it to be. But there's no denying — maybe the creepiest person of all time."



**Monocles**
Creepiosity index: 7.23



**Animal food mascots**
Creepiosity index: 7.80



**Guys who look like Santa Claus**
Creepiosity index: 9.07



**Lifelike baby dolls**
Creepiosity index: 9.22

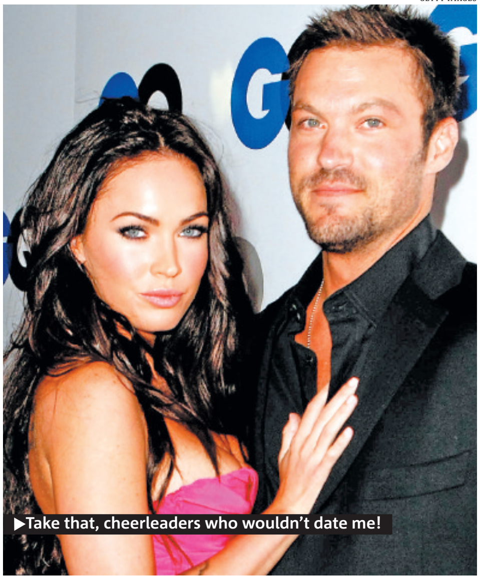


Hairless cats – a sight you can actually use to punish small children

# ‘I now pronounce you man and Fox’

## Dorky David Silver gets the last laugh as he marries the hottest girl in town Bet he can’t wait for his high school reunion now

GETTY IMAGES


▶Take that, cheerleaders who wouldn’t date me!

Megan Fox and Brian Austin Green were married last week during a top-secret wedding ceremony in Hawaii, according to Star magazine. “They had a fairly large wedding, but there were clearly more security people than guests,” a source says. “They had so many security people that they had to call in local security because the hotel security alone wouldn’t do. It was very hush hush. Everyone was sworn to secrecy.” The couple tied the knot at the Four Seasons Hualalai on Hawaii’s big island, and they’re reportedly still at the hotel celebrating their honeymoon.

Wedding bell speculation ran rampant last week, after several media sources reported that the former 90210 star had flubbed his proposal to the beautiful starlet by dropping her 2-karat engagement ring in the sand. The couple had initially traveled to Hawaii to attend the wedding of Green’s former co-star Ian Ziering.

This is the second marriage attempt for the on-off pair: they called off their first engagement in 2009.

METRO WORLD NEWS

# Official curb-kicking of Jesse James now complete

GETTY IMAGES


▶ This space is a cheater-free zone

Sandra Bullock’s marriage to Jesse James is officially over, according to TMZ. Sources tell the website that both parties signed papers last week in Texas that make the divorce final. According to the divorce papers filed by Bullock in April, their marriage “has become insupportable because of discord or conflict of personalities.”

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## Talking points

### Elin’s priming for the kill

**TIGER HUNT** While Tiger Woods and Elin Nordegren played nice during their first appearance together in months at their daughter’s recent third birthday, sources say their divorce battle is getting heated, according to Us Weekly. Elin “wants more money than Michael Jordan’s ex got,” a source says. The basketball star’s ex-wife earned a reported $168 million settlement.

METRO WORLD NEWS

### Piven: 0, Sashimi: 2

**FROM THE ‘WILL NEVER LEARN’ FILES** Jeremy Piven’s bad luck with sushi continues, as the Entourage star reportedly dropped his BlackBerry in a toilet while visiting a Japanese restaurant in Chicago, according to Page Six. The staff of the restaurant were good enough to fish it out for him and pack it in rice to help dry it out. In 2008, Piven for dropping out of the Broadway play Speed the Plow, citing ill health from mercury poisoning as a result of eating too much sushi.

METRO WORLD NEWS


He was only trying to get out of a bad date this time

## Celebrity tweets


**Lindsay Lohan** **[@lindsaylohan]** FYI.. kombucha was not the reason that my scram went off-i wouldn't of been allowed to drink it if that were the problem.. i love kombucha


**Jessica Simpson** **[@JessicaSimpson]** Shocked my system with a vegan diet, special Pu-erh tea from China, and cupping since friday! Who am I right now? This might be too clean!


**John Cho** **[@JohnTheCho]** Dear Delta: Please consider a system wherein passengers receive their luggage.


**Ashton Kutcher** **[@aplusk]** GOAAAAAAAAAAAAAAAAAAAAAAAAAAAAAALLLLLLLLLLLLLLLLLL!!!!!!!!!!!!!!!!!!!!

METRO NEWS SERVICES

### Marilyn x-rays fetch big bucks

**NOTHING’S SEXIER THAN A CHEST CAVITY** Three x-rays of Marilyn Monroe brought in $45,000 at a celebrity memorabilia auction in Las Vegas, according to CNN. The x-rays were expected to fetch around $3,000, but her chest x-ray alone earned $25,000 from an anonymous bidder.

METRO WORLD NEWS

# Wolves only, please

Though her character may choose a vampire over a werewolf in the Twilight series, Kristen Stewart knows which creature she prefers in real life. The actress’ family keeps wolf-dog hybrids as pets, she revealed to David Letterman. “He’s really sweet. He, like, falls at my feet,” she says of the family’s oldest pet, Jack.

METRO WORLD NEWS

The same forces that push forth mammoth flows of molten-hot lava and ash plumes big enough to cover an entire continent, bring thousands of tourists to Iceland each year

# Fire and Iceland

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▶ The Blue Lagoon, Iceland's most popular attraction, attracts more than 400,000 visitors each year.

TIM JOHNSON
TRAVEL@METRONEWS.CA

Earlier this year, as most of us remember, Iceland's Eyjafjallajokull volcano erupted, spewing ash all over this small island nation and creating a massive cloud that closed airports and grounded flights all over Europe,

While it was an extraordinary situation, volcanic eruptions and intense geothermal activity are business as usual in Iceland.

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Start your adventures at ground zero — Pingvellir National Park, the only place on earth where you can see the steady migration of the Eurasian plates.

## HOT STUFF

After that, head to the boiling geothermal area that includes Geysir and Strokkur, two active geysers.

## WONDER FALLS

Iceland is home to some of the most gorgeous waterfalls in the world.

North of Reykjavik, Hraunfossar, which means literally lava falls, is a series of flossy-white cascades which flow directly out of a jet-black field of lava.

Also make sure to stop at Gullfoss, a magnificent glacial waterfall that often creates a complete rainbow at its base.

## What to see and where to soak



**Reykjavik:** This city — the world's northernmost capital — is dotted with about a dozen geothermal pools, places where naturally-warmed waters provide a place for swimming, relaxation and socializing.

**Nautholsvik Geothermal Beach:** This ring of golden sand (reportedly flown in from Morocco) hosts two hot pots, but the big attraction is ability to swim in a part of the Atlantic that's just a wee bit south of the Arctic Circle.

3 life

## Top pick

**Travel findsthis week:**

**1 iSpa:** A free iPhone app allows spa-goers to search SpaFinder's exhaustive database of more than 5,000 day and destination spas around the world by price, deals, treatments, and online booking availability.




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# EUROPE'S BEST VALUE VILLAS

***PAUL BALDWIN***
***METRO WORLD NEWS***
PAUL.BALDWIN@METRO.LU



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For many of us cruelly denied access to what is commonly known as 'the high-life' a holiday villa can provide an annual taste of how the other half live.

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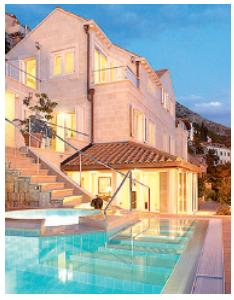
Sumptuous villa decorated with breathtaking taste, bordering on artistry. Stunning cliffs and massive windows and terraces front and rear to take advantage of the dramatic views.
Cost: From $6,100
**dalyanvillas.com.tr**

## 2

***VILLA AURORA, MELLIEHA***
**Malta**



Jaw-droppingly gorgeous villa (actually four) kitted-out to the very highest standards. Set at the top of the valley of Santa Maria Estate Aurora has a heated pool and good access to some of the loveliest parts if Malta. **Cost:** From $3,075; **holidaylettings.co.uk**



## 3

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# Opera singer taps into passion for beer

THE CANADIAN PRESS/



Canada lost a budding opera singer when Mirella Amato switched careers to become a beer sommelier.

Four years ago, while living in Naples, Italy, the Toronto soprano had to make a choice between spending all her time overseas performing or returning to Canada.

She chose the latter so that she could pursue her desire to learn as much as possible about craft beer.

The term "craft beer" is used to describe beer made by relatively small, independent breweries using traditional methods.

"Beer was already a passion for me," says Amato, 35, and was very much a hobby she was involved in.

She had learned valuable freelance and performance skills as an opera singer, and she says she carried those into her new calling.

Amato says she spent that first year in 2006 exploring the beer industry, talking to brewers, taking courses, reading books and magazines and learning as much as possible about the local business.

"At the end of that year it became clear that the best thing I could do was spread the word and help people discover the huge variety of brews and their flavours," she says.

Amato also joined the Canadian Amateur Brewers Association and began working toward certification as a beer judge in 2007.

"Besides judging, my other work is aimed at getting people excited about small-batch beer and providing the tools for them to navigate the selections and start exploring."

Amato is focusing her attention on beer tastings and food pairings. "And I am also adding staff training and consulting to my business," she says.

**"My passion for craft beer stems from the fact that I like to shop locally and support small businesses."**
**MIRELLA AMATO, BEER SOMMELIER**

In September, the bilingual Amato who has a French-Canadian-Italian background, will be teaching a two-year brewmaster program at Niagara College in Niagara-on-the-Lake, Ont.

"I will be giving courses on sensory evaluation and teaching about the rich history, chemistry and biology of beer," says the graduate of Montreal's McGill University.

As a certified judge, Amato has participated in a number of competitions including the Ontario Brewing Awards, the Canadian International Beer Championship and homebrew competitions in Canada and abroad.

She writes regular columns for the beer magazine TAPS and the Great Lakes Brewing News.

"My passion for craft beer stems from the fact that I like to shop locally and support small businesses," Amato says.

**THE CANADIAN PRESS**

# It's Mr. ham & cheese

**Sourdough bread sets the stage for this decadent open-faced croque monsieur with tomato sandwich. What's more, basil leaves make it summer fresh!**

CARLO MENDOZA



Open-Faced Croque Monsieur with Tomato

Serves 4
**Prep time:** 5 min.
**Cooking:** 15 min.

**Ingredients:**
- 4 slices sourdough bread
- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour
- 1 pinch nutmeg
- 1 1/4 cups milk
- 1 cup finely grated Emmenthal or Gruyere cheese
- 4 slices black forest ham
- 8 basil leaves
- 4 small tomatoes, sliced

**Preparation:**

1. Preheat oven to 400°F.
2. Arrange bread in a single layer on a rimmed sheet pan and toast in oven, flipping once, until golden brown, about 8 minutes. Remove from heat, keep toast on sheet pan and set aside. Preheat broiler to high.
3. Meanwhile, in a saucepan set over medium heat, melt butter. Add flour and nutmeg and stir with a wooden spoon for 1 minute. Gradually whisk in milk and cook, stirring, until mixture comes to a boil and thickens, about 2 minutes. Add ½ cup cheese, stir well and season to taste with salt and freshly ground black pepper. Spread a thin layer of cheese sauce (about 1 tablespoon) over each slice of toast.
4. Cover with a slice of ham, followed by another even layer (about 3 tablespoons) of cheese sauce. Arrange basil and tomato slices on top of cheese sauce, season tomatoes with salt and pepper and sprinkle with remaining ½ cup cheese.
5. Place under broiler, 6 inches from heat and cook until sauce is bubbling and cheese is golden brown, about 6 to 8 minutes.

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# Do you dilly-dally daily?

## Feel like you're wasting time on thecompany dime? Some claim your habit might actually be healthy

DREW HINSHAW
METRO WORLD NEWS

Since the days of squawking modems and AOL trial-runs, the Internet has been credited with fantastic gains in workplace productivity — but what about counter-productivity?

### Time to binge

**To cut down on dilly-dallying, researchers recommend "batching" your leisure browsing into 20-minute binges.**

"I'll work straight for an hour, and at the end of that hour, I'll batch whatever I need to do for 15-20 minutes," career guide Lindsey Pollak offers.

Research on whether office Internet access encourages procrastination is surprisingly mixed. Last year, a University of Melbourne study found that nine-to-fivers who spent around a fifth of their workday browsing for leisure were actually more productive than those who didn't.

According to Dr. Tim Pychyl, a time-management researcher at the University of Ottawa, it's clear that for the procrastination-prone among us, the Internet is a beehive of distractions.

"If you get to a point where your use of the Internet is interfering with relationships, or is causing you to miss deadlines, then that's a problem," he warns. You may be so busy self-Googling that you're not even aware of it.

GETTY IMAGES



To cut down on dilly-dallying, researchers recommend "batching" your leisure browsing into 20-minute binges.

### Working tip



### Take a break

"It's healthy to take breaks, to get up, walk around, get something to eat, then check FaceBook," Pollak says. "There's a huge benefit of walking around and chatting with people, and that's almost becoming a lost art."

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## MULTIPLIER OR DIMINISHER?

## "WHY DID THEY TO MAKE OTHER PEOPLE NOT FEEL AS SMART AS THEY WERE?"

**Just what separates a good leader — someone who inspires others — from a bad one (someone who does the exact opposite)? Author Liz Wiseman calls these bad leaders "diminishers" — rather than "multipliers." In her new business book of the same name, Wiseman explains how you can become the boss people love to follow.**

**How did you come up with the concept for "Multipliers"?**

It was through observation. Where I used to work and worked closely with the executive teams. They were extremely intelligent people and had contagious smarts; however, some of them used their intelligence to dumb down others. I saw that and I just wondered "Why? Why did they have to make other people not feel as smart as they were?"

**What is an easy way for someone to find out what kind of leader they are?**

Well, an easy way would be just to ask those you work with, "How am I doing?" It's a simple question, but if you do think that you might be a diminisher, it may be best to conduct that survey (anonymously).




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# C-Students take heed

## Do good grades in college mean huge success later in life? What Vonnegut and Gates have in common

BRUCE WALSH
METRO WORLD NEWS

In 1984, a team of researchers led by Cleveland State professor Gordon E. Samson combed through 35 independent studies and found very little, if any, correlation between GPA and "income, job satisfaction and effectiveness."

Educators have been scratching their heads ever since. A great many studies have since been commissioned on this topic and, while findings vary somewhat, no one has found a very strong correlation between grades or success after college.

**"It's a high degree of motivation, formed by a conscious decision. That's what Colin Powell had."**
AUTHOR JEFFREY J. MATTHEWS

This may provide a ray of hope to students currently making up a course in summer school. Kurt Vonnegut, Bill Gates, Woody Allen and Colin Powell were all in your shoes too. And there's plenty more.

La Salle University professor Dr. Katie Neary Dunleavy, who studies the classroom behaviour of students and professors, says it's all about what experts in her field refer to as "learning orientation verses grade orientation."

"The (heavily learning-oriented) student probably won't use a study guide … But, they are great to speak with interpersonally, they often have more of a grasp on the ideas in class."

GETTY IMAGES




▶ No one has found a very strong correlation between grades and intelligence or success after college.

### Vonnegut on grades



Kurt Vonnegut

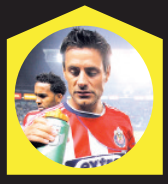
- **Kurt Vonnegut,** notorious for underachieving as a college student, often graded his novels in interviews and in print. In his collection of essays, Palm Sunday, he provides his own literary report card. Here are just a few:
- Player Piano: B
- Slaughterhouse-Five: A+
- Breakfast of Champions: C
- Palm Sunday: C
- "This is much better than I ever did in college," Vonnegut told Charlie Rose in a 1996 interview. "How well did you do?"
- "Not that good," replied Rose.

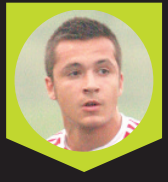


4 sports

**Soccer**

**MLS**
Ante Jazic is back on the Major League Soccer pitch. The veteran defender from Bedford returned to the Chivas USA lineup last weekend after sitting out most of the season with a knee injury.





**USSFPL**
Bayside midfielder Derek Gaudet has earned three straight starts as a rookie with the Portland (Ore.) Timbers of the United States Soccer Federation Pro League.

# Mooseheads take gamble in draft

**Herd believe they selected best player in draft Now must convince Frk to play in Halifax Scouts compare left-winger to Cam Neely**



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads feel they got the best player in yesterday's Canadian Hockey League import draft and are hoping he'll suit up for them next season.

The Mooseheads snagged Czech left-winger Martin Frk third overall, adding to their impressive stable of young forwards that are expected to lead the team out of the QMJHL basement in the next couple of years.

"We took the best player available and now we're going to see if we can convince him to come over and play in Halifax," said Mooseheads head coach and general manager Cam Russell.

"The hard part starts now."

The 16-year-old checks in at five-foot-11 and 190 pounds and produced 28 goals and 27 assists for 56 points — along with a staggering 184 penalty minutes — in 39 games with Karlovy Vary at the Czech Republic's under-20 level.

Although Russell has never seen Frk play, his scouts gave him rave reviews, going so far as to compare Frk's combination of skill and toughness to Cam Neely.

His arrival would give the Mooseheads some much-needed offensive pop to help replace departed captain and MVP Tomas Knotek.

"We're taking a bit of a risk here, but if it works out for us, it will pay off," Russell said.

METRO FILE



**"He's a workhorse, a skilled guy with great work ethic and he's not afraid to go into the dirty areas and play physical. He's going to be an exciting player to watch — multi-dimensional."**
MOOSEHEADS GM CAM RUSSELL, ON TOP IMPORT PICK MARTIN FRK

*For a longer version of this story, visit metronews.ca/halifax.*

JAN CECH/HC KARLOVY VARY



The Mooseheads landed Martin Frk with the third overall pick in yesterday's CHL import draft.

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# Villa's late goal sinks Portugal

**Spanish star scores winner off a rebound late in the contest ◆ Ronaldo fails to spark offence for Portugal ◆ Spain now faces Paraguay**

David Villa finished off a move of Spanish perfection to finally break down Portugal's defensive wall yesterday, giving the European champions a 1-0 win and a spot in the World Cup quarter-finals.

Villa scored his fourth goal of the tournament in the 63rd minute, while Cristiano Ronaldo again failed to inspire Portugal.

"It was one of my best goals because it got us through to the next round," Villa said. "Keep scoring so we can keep going."

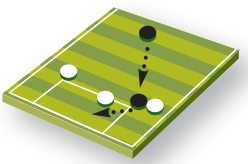
Portugal's only defensive weakness had been on its right flank, where Ricardo Costa struggled. He was sent off for elbowing Joan Capdevila in the 89th minute, stifling a late Portuguese drive.

"The match was extremely intense," Spain coach Vicente del Bosque said. "In the second half, we were better than Portugal. We had greater depth in our play, and we controlled the game very well."

Spain will now play Paraguay in the quarter-finals on Saturday at Ellis Park. THE ASSOCIATED PRESS

## The lone goal

**David Villa's late marker proved to be the winner.**



- A trademark Spanish passing move found Andres Iniesta in the centre. He flicked the ball through to Xavi Hernandez, who backheeled to Villa, who was bordering on being offside as he charged in on the left.
- Villa saw his first shot blocked by Portugal goalkeeper Eduardo, but on the rebound, he coolly slotted home with his right foot.

**Goal:** Spain, David Villa 4, 63rd minute.
**Shots:** Spain: 19; Portugal: 9.
**Yellow Cards:** Spain: Xabi Alonso (74th); Portugal: Tiago (80th).
**Red Cards:** Portugal: Ricardo Costa (89th).
**Offsides:** Spain: 0; Portugal: 3.
**Fouls:** Spain: 13; Portugal: 18.

DOUG PENSINGER/GETTY IMAGES



▶ Spain's David Villa scores his side's old first goal past Portugal's Eduardo.

# Miami Heat's fantasy lineup?

Pat Riley's summer of 2010 truly started with the summer of 2005.

There was no elaborate plan for the Miami Heat to woo Dwyane Wade, LeBron James and Chris Bosh then. Instead, that's when Riley got Shaquille O'Neal to sign a $100-million US, five-year contract. A championship followed the very next season. Riley believed another NBA dynasty was on the way.

Then, thud. O'Neal was traded in February 2008, Miami was the NBA's worst team and Riley quickly realized the bloated contracts the Heat had to accept in exchange for shipping Shaq elsewhere would keep his team from having real money to spend until 2010.

At long last, that time has arrived.

"So here we are," Riley said.

Yes, and that dynasty Riley envisioned four years ago might still be born.

Dwyane Wade wants to stay in Miami. He wouldn't mind having LeBron James join him. Or Chris Bosh. Or both, for that matter. And if there's one team in the NBA that has the financial ability to get three of the top five picks in the 2003 draft together for the next few years, it's likely going to be Miami.

DAVID COOPER/TORSTAR NEWS SERVICE



▶ Miami Heat guard Dwyane Wade, left, drives on Toronto Raptors forward Chris Bosh in a game last season. The two could be on the same team this upcoming season.

## Talkin' money

- With a league-high $43.3 million — not counting what Dwyane Wade would make next season — in salary cap room, the Heat are in a stronger position than anyone when the free agency shopping window finally opens at 12:01 a.m. Thursday.

It's a heckuva fantasy basketball lineup — Wade, James and Bosh.

Yet in the summer of 2010, fantasy could actually become reality.

Henry Thomas, Wade's agent, said yesterday the 2006 finals MVP has talked with both James and Bosh (whom Thomas also represents) in recent days.

"It might be a pretty good fit, if it were like that," Bosh told The AP. "And Miami as a city, it's no secret that people like Miami." THE ASSOCIATED PRESS

## Picard could be free-agent

Former Halifax Mooseheads defenceman Alexandre Picard appears set to hit the NHL free-agent market on July 1.

The Raleigh News and Observer reported yesterday the Carolina Hurricanes have not extended Picard a qualifying offer, meaning he will be able to sign with any team in the league.



The Hurricanes acquired the 24-year-old from the Ottawa Senators last season in a trade for Matt Cullen. METRO HALIFAX

## 5th

**Former St. Francis Xavier X-Women star Jacqueline Richardson has committed to play her fifth season of AUS women's basketball with the Dalhousie Tigers.**

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**Up and down**

**Not Junk**
While it won't hit Canada until next fall, you can enjoy the Nissan Junk through a newly-launched 360-degree vieww website: nissan.ca/junk



# Chevrolet Camaro delivers the power

**Camaro might be a big and heavy machine, but it handles and stops competently and proves rewarding Crank up a Boston Acoustics system**

JUSTIN PRITCHARD
FOR METRO CANADA



The tested Camaro SS had powerful Brembo brakes, high-performance Pirelli tires, performance-tuned suspension and 20-inch wheels.

Interestingly, the V6-powered Camaro RS and the V8-powered Camaro SS look virtually identical to one another albeit some minor visual cues and a single letter of their badges.

With horsepower ratings at 306 for the RS and up to 426 for the SS, the strong visual similarities mean that opting for the higher-end model is almost entirely an output-motivated decision.

With a Corvette-derived 6.2 litre V8 under the hood, Camaro SS drivers who opt for the standard six-speed manual get 426 horsepower on perpetual standby. Automatic models get 400. Learn to shift yourself, enjoy the extra power, and save the $1,500 for speeding tickets and car wax.

End of the day, Chevrolet has made the Camaro SS a potent performance weapon that's also sensible and comfortable enough for day-to-day use.

Complaints include a modest-looking cabin with a low-budget feel to most trim pieces, as well as very limited outward visibility.

**Specifications**

- **Type**
  Sports coupe
- **Price**
  SS model — $37,065
- **Engine**
  6.2L V8, 426 horsepower
- **Fuel Economy**
  12L/100km (observed mileage)
- **Highlights**
  OnStar, heated seats

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• Comfort
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• 1 Owner
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• Warranty
• Gas Miser
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• Sporty
• Gas Miser
• 1 Owner
$10,990

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• Warranty
• Reliable
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• Dealer Maintained
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2006 HYUNDAI ELANTRA
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# LS a reliable luxury ride

**On a test drive, be sure to check for proper operation of all interior accessories — including the stereo**

## SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

American luxury sedans tend to deliver ample doses of luxury and style at a reasonable price point once they hit the used market — and the Lincoln LS is no exception. The now-retired model was one of the brands most successful entry models, and was available in model years 2000 to 2006 inclusive.

Both six and eight-cylinder engines were available, as was a rare manual transmission on the smaller engine. Power output for the standard 3.0 litre V6 was rated at 210 or 232 horsepower depending on the year, while the small-displacement 3.9 litre V8 generated 252 or 280 ponies.

The LS was facelifted and powered-up for a 2003 update, after which point it carried on until 2006 before being replaced by the Zephyr–which is now called the MKZ. Many criticized Lincoln for stopping production of the rear-drive LS in favour of the front-drive Zephyr, which is a badge-engineered Ford Fusion twin.

Indeed, the award-winning LS was a viable alternative to comparably-sized luxury sedans from Germany and Japan.

Features included a CD changer, THX audio system, power sunroof, dual-zone climate control, a motorized tilt/telescopic steering wheel and a full complement of airbags. Xenon headlights were available, too.

Shoppers considering the Lincoln LS for its styling, ride quality and relative affordability should avoid earlier models and opt for as new a unit as their budget allows.

**Specifications**

- **Model**
  **2000 to 2006 Lincoln LS**
- **Vehicle type**
  **Luxury sedan**
- **Approximate used price range**
  **$5,000 to $20,000**

SUBMITTED



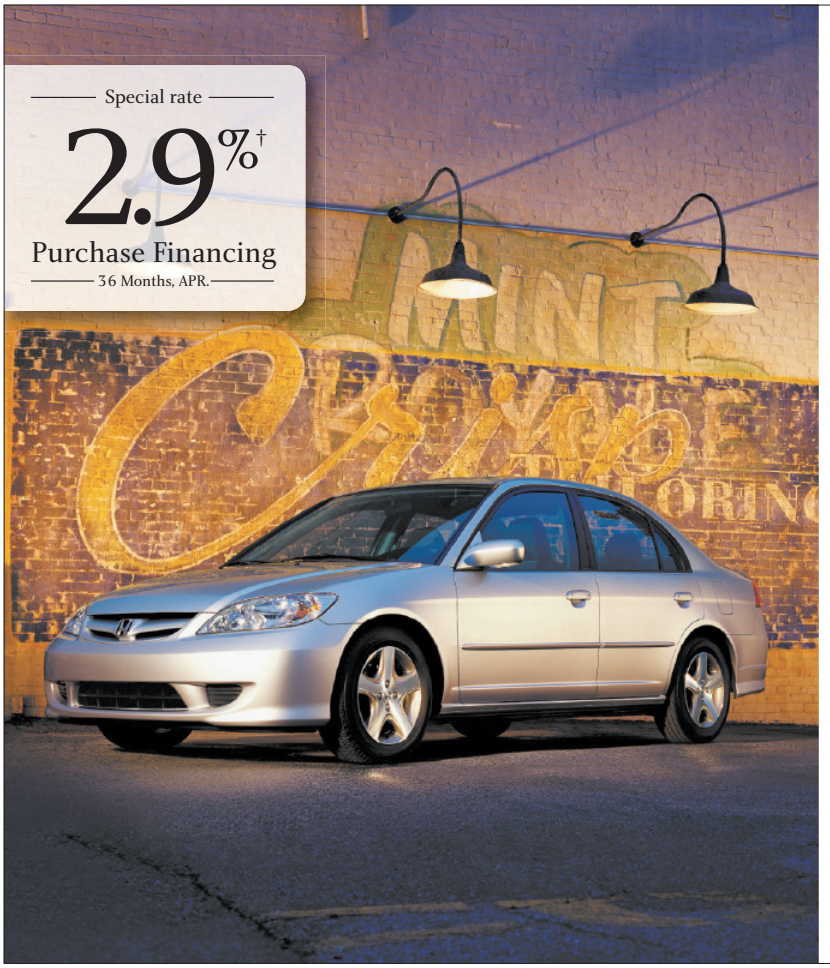
▶ A 2006 Lincoln LS: A newer model that checks out mechanically will give you a fairly reliable and refined luxury car experience that won't break the bank.

## What owners said

What they like: LS owners praise the styling, handling, ride, power and pricing. The THX stereo system is said to be excellent, too.

What they hate: Complaints from LS owners were few and far between, though some gripes exist about poor fuel economy with the V8 engine.

JUSTIN PRITCHARD




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5 Year comprehensive warranty


GLS Sport model shown

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# TO REBATE OR NOT TO REBATE?

**Auto Pilot**

**MIKE GOETZ**
DRIVE@METROEWS.CA



I'm not much of a political animal and tend to stay clear of discussions on how to spend the public money.

The obvious exception, of course, is when it directly concerns moi! For example, I would totally raise my voice in favour of subsidizes to encourage more vinyl re-issues of early 1970s arena rock.

Even though we're not currently looking to add a vehicle to our family fleet, I'm still completely drawn into the discussion of whether governments should offer rebates to customers wishing to purchase electric (EV) and/or 'plug in' hybrid (PHEV) vehicles.

The discussion ramped up recently, because come July 1, 2010 (yes, Canada Day), several provinces (Ontario, B.C. and PEI) will no longer offer rebates toward purchases of "regular" hybrids.

This was brought on because their current programs were based on rebating provincial sales tax (PST), and the HST replaces the PST in those provinces on Canada Day.

We have yet to hear how most provinces will change their green-car rebates moving forward, but we sure did hear from Ontario.

It introduces what just might be the largest electric car rebate — up to $8,500 — of any jurisdiction in the world.

"The maximum benefit of $8,500 exceeds similar electric vehicle rebates from the U.S., Quebec or upcoming U.K. programs," noted Ontario MTO spokesperson Bob Nichols.

"The Ontario program is designed to be a point of purchase incentive; many other jurisdictions, including Quebec and the U.S. are income-tax based programs. We feel that reducing the price differential of these new vehicles from conventional vehicles at the point of purchase will encourage more consumers to adopt this strategy."

Well, it certainly won't discourage people from buying EVs and PHEVs, but is this the right strategy for greening the fleet, stimulating domestic EV manufacturing, and a good use of public money? Unfortunately the answer to those questions can only come in the fullness of time.

There are great arguments, both for and against green rebates (see sidebar), but the one that keeps gnawing at me the most, is that the automakers are already committed to building these vehicles.

I'm sure they haven't planned on letting them go unsold on dealer lots, or watching their competition walk away with this new, emerging market.

Let them compete, I say, against all other EVs and PHEVs, and against all other types of vehicles, and let the best team win. Or maybe I'm watching too much World Cup soccer at the moment.

**Debating rebating**

**For green vehicles**

- Raises profile of green cause
- Accelerates greening of the fleet
- Incentive for more, and quicker, automaker involvement

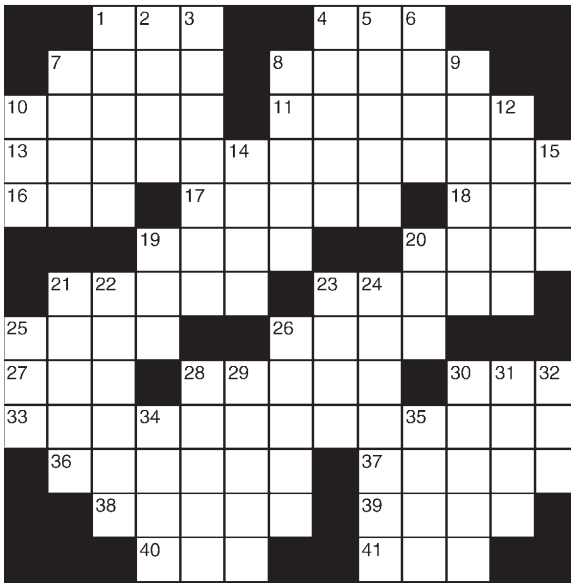
**Against green vehicles**

- Funds better served somewhere else
- Prematurely anoints electric as top green prospect
- Initial production of EV and PHEVs already virtually sold out



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## Crossword



**Across**
1 Allow
4 First name of 8-Down
7 Hemingway sobriquet
8 Gyro holders
10 Invigorant
11 Morals
13 Arranges to win, maybe
16 Last Greek consonant
17 Procrastinator's reply
18 Siesta
19 Slithery
20 Some paintings
21 Mesa — National Park
23 "Odyssey" sorceress
25 Philbin's co-host
26 Family member
27 Lennon's lady
28 Exiles
30 Water (Fr.)
33 Puts up holly, perhaps
36 Certain Muslim
37 Letter after 16-Across
38 Tend the helm
39 Latvia's capital
40 Blunder
41 Attempt

**Down**
1 Porch
2 Grand story
3 Stopped the ball carrier
4 Church donation
5 Different
6 Hotel employee
7 Cookware
8 Heartbreakers' lead
9 Picturesque
10 Recipe meas.
12 Do, re, mi, fa, sol, la, ti, do
14 Bargain event
15 Some GI duties
19 Historic time
20 Scrap
21 Tarzan's transports
22 Geological periods
23 Adorable
24 Briefly
25 Scepter
26 Potok's "My Name Is — Lev"
28 Wicker willow
29 Say
30 Plaintive poem
31 Pond organism
32 Can. neighbor
34 Charlie Brown's nemesis, at times
35 Eastern potentate (Var.)

▶ Yesterday's answer

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | J | A | R | ■ | R | A | P | ■ | A | R | A | B |
| M | U | L | E | ■ | E | W | E | ■ | N | O | N | E |
| E | D | I | T | ■ | H | E | A | D | N | O | T | E |
| N | O | T | E | P | A | D | ■ | Y | E | M | E | N |
| ■ | ■ | ■ | ■ | L | A | B | ■ | L | E | A | ■ | ■ |
| S | M | E | L | T | ■ | P | A | D | L | O | C | K |
| O | A | T | ■ | ■ | P | O | X | ■ | ■ | H | O | E |
| L | O | C | K | J | A | W | ■ | W | R | O | N | G |
| ■ | ■ | ■ | ■ | N | O | W | ■ | M | O | E | ■ | ■ |
| A | S | S | E | S | ■ | J | A | W | B | O | N | E |
| B | O | N | E | H | E | A | D | ■ | A | R | E | A |
| E | L | A | L | ■ | O | V | A | ■ | T | E | A | S |
| L | O | G | S | ■ | N | A | M | ■ | E | S | P | Y |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | 8 | 3 | 2 | | 6 |
| 4 | 3 | | | | | | 7 | |
| | | | | 9 | 5 | | 4 | |
| | 2 | | | | | 1 | | |
| | | | 6 | | 9 | | | |
| | | 1 | | | | | 9 | |
| | 7 | | 9 | 6 | | | | |
| | 6 | | | | | | 2 | 5 |
| 9 | | 2 | 3 | 5 | | | | 8 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box cointains the digits 1-9 only once. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 | 7 | 3 | 2 | 9 | 1 | 4 | 6 |
| 2 | 3 | 6 | 1 | 4 | 5 | 8 | 7 | 9 |
| 1 | 4 | 9 | 6 | 7 | 8 | 5 | 3 | 2 |
| 9 | 7 | 5 | 8 | 1 | 4 | 2 | 6 | 3 |
| 3 | 6 | 8 | 2 | 5 | 7 | 4 | 9 | 1 |
| 4 | 1 | 2 | 9 | 3 | 6 | 7 | 5 | 8 |
| 7 | 8 | 3 | 4 | 9 | 1 | 6 | 2 | 5 |
| 6 | 2 | 4 | 5 | 8 | 3 | 9 | 1 | 7 |
| 5 | 9 | 1 | 7 | 6 | 2 | 3 | 8 | 4 |

## Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

*Love you H.B.*
**XO JENN!**

*Martin, 21 years since we married and I love you today more than ever.*
**TRACY**

*Hi Keisha B. Congrats on another successful year at school. You are growing up into a beautiful and intelligent young women. You are amazing...*
**LOVE DAD**

*I am sending a kiss for super hot looking guy Hernan.*
**SECRET HOT GIRL**

*How did I get so lucky?*
**XO MARIA**

*Heather C, darlin' — see you Thursday?*
**RICHARD**

*Judy, You're an amazing Mom. Good luck on Wednesday.*
**LOVE CHRISTINE**

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| Today | Thursday | Friday |
|---|---|---|
| Variable | Partly cloudy | Partly cloudy |
| 23° / 11° | 20° / 10° | 19° / 12° |

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

## Today's horoscope

**♈ Aries March 21-April 20** The higher you aim the more you will accomplish this week, and the more you accomplish the more you will feel good about yourself and life in general.

**♉ Taurus April 23-May 21** Don't sit around thinking about what might have been — get out into the world and do something special. The next few days are going to be crucial to your emotional and mental well-being.

**♊ Gemini May 22-June 21** You may not much trust a particular person but what they have to tell you today is important , and deep down you know it is true.

**♋ Cancer June 22-July 22** Today clear your mind of irrelevant details and allow you to start moving forwards again. Be brave, be bold and above all be ready to act when opportunity comes knocking.

**♌ Leo July 23-Aug.23** It is impossible for you to fail (almost), so the more risks you take this coming week the more you could accomplish. Don't just aim to be good, aim to be the very best.

**♍ Virgo Aug. 24- Sept. 22** Today you can quite easily charm your way past other people's defenses. Say nice things and you'll get even more nice things in return.

**♎ Libra Sept. 23-Oct. 23** Only you know how much effort you have put into your work and only you know how much it has taken out of you. You've trumped everyone's expectations, so reward yourself with a vacation.

**♏ Scorpio Oct. 24-Nov. 22** Focus on the important tasks that have to be finished over the next few days and don't let other people side-track you with their personal problems. Even romantic relationships must take a back seat.

**♐ Sagittarius Nov. 23-Dec. 21** Jupiter, your ruler and planet of plenty, will bring out the best in you over the next few days. The higher you aim the more likely it is you will succeed, so don't hold back.

**♑ Capricorn Dec. 22-Jan. 20** Major changes are possible, but you must be the one who makes the first move. Sit down with the one you love and talk through any problems you might have.

**♒ Aquarius Jan. 21-Feb. 18** If you need to open up a bit about your thoughts and feelings now is the time because you are guaranteed a positive response. You'll be surprised how easy it is to confide in people.

**♓ Pisces Feb. 19-March 20** Today will reveal a whole new range of possibilities and all you have to do is decide which one you are going to devote yourself to. But it must only be one. If you double your aims you halve your effectiveness.

SALLY BROMPTON

MARTIN MEISSNER/THE ASSOCIATED PRESS

## Caption contest




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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JACQUES BRINON/THE ASSOCIATED PRESS





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